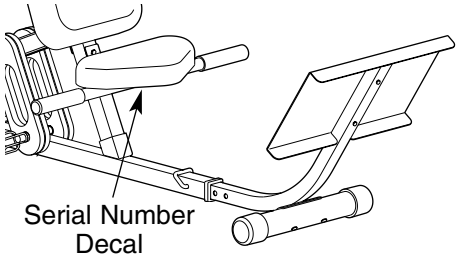
WEIDER®

TWO TONE Body Toning System

Model No. 831.290241
Serial No. _____

Write the serial number in the space above for reference.



EXERCISE EQUIPMENT

QUESTIONS

HELPLINE!

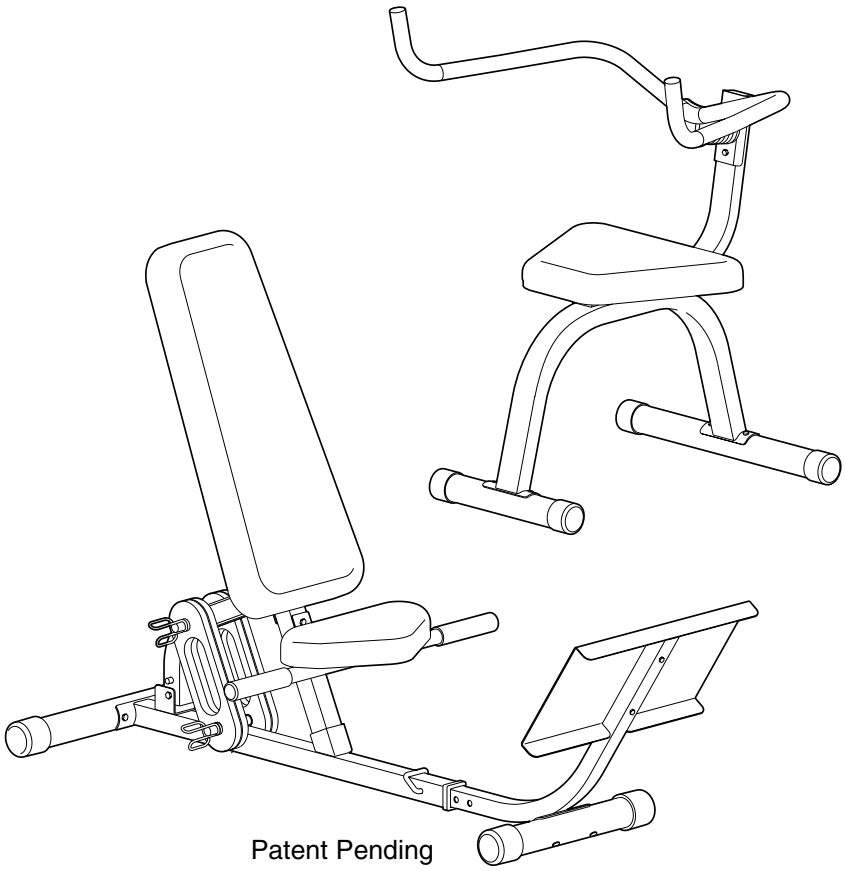
1-800-736-6879

SEARS, ROEBUCK AND CO.,
HOFFMAN ESTATES, IL 60179

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Patent Pending

Visit our website at

www.weiderfitness.com

new products, prizes, fitness tips, and much more!

Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the body toning system.

1. **Read all instructions in this manual before using the body toning system. Use the body toning system only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the body toning system are adequately informed of all precautions.**
3. **The body toning system is intended for home use only. Do not use the body toning system in a commercial, rental or institutional setting.**
4. **The body toning system is designed to support a maximum of 250 pounds.**
5. **Always make sure there is an equal amount of resistance on each side of the body toning system. Only use the included bands; do not add additional bands.**
6. **Keep children under 12 and pets away from the body toning system at all times.**
7. **Use the body toning system only on a level surface. Cover the floor beneath the body toning system to protect the floor.**
8. **Inspect and tighten all parts each time you use the body toning system. Replace any worn parts immediately.**
9. **Always wear athletic shoes for foot protection while exercising.**
10. **Keep hands and feet away from moving parts.**
11. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

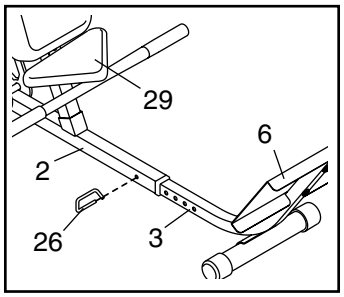
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Adjusting The Body Toning System

This section explains how the body toning system can be adjusted. Inspect and tighten all parts each time you use the body toning system. Replace any worn parts immediately. The body toning system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

Adjusting the Press Plate

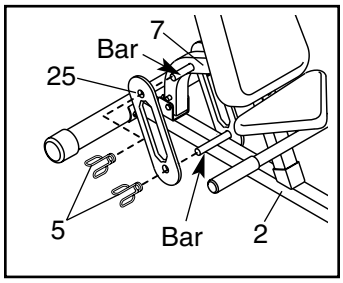
To adjust the distance between the Small Seat (29) and the Press Plate (6), remove the Adjustment Pin (26) from the Base (2). Slide the Adjustment Frame (3) into or out of the Base until the Press Plate is in the correct position for the exercise to be performed.



Note: For the correct starting positions, refer to the Exercise Guide section of this manual. Insert the Adjustment Pin into the indicated hole in the Base and a hole in the Adjustment Frame.

Adjusting the Resistance

To change the amount of resistance, remove the four Spring Clips (5) from the bench. Attach the 25-lb. Bands (25) to the bars on the Base (2) and the Pivot Frame (7). Secure the Bands with the four Spring Clips.



The 10-lb. Bands (28) can be attached in the same manner. Attach both sets of Bands for maximum resistance.

⚠ WARNING: Always place an equal amount of resistance on each side of the body toning system.

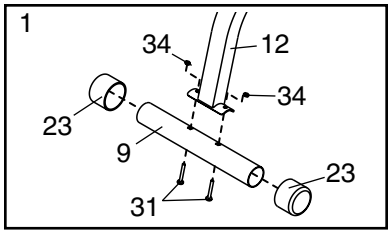
Before You Begin

Thank you for selecting the versatile WEIDER® TWO TONE body toning system. The TWO TONE body toning system is designed to help you develop major muscle groups of the body. Whether your goal is a shapely figure, improvement in muscle size and strength, or a healthier cardiovascular system, the TWO TONE body toning system will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® TWO TONE body toning system. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please mention the product model number (831.290241) and the serial number found on a decal attached to the body toning system (see the front cover of this manual).

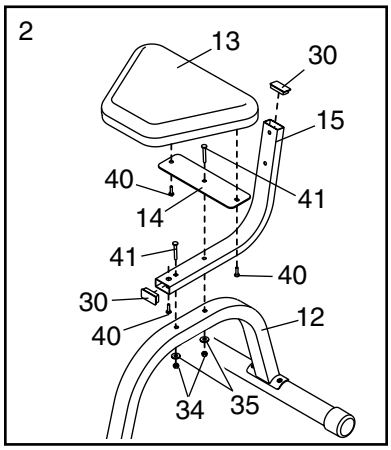
Assembly—AB TILT & TONE

1. Press two 2" Round Outer Caps (23) onto each of the two Front Stabilizers (9) and the two Rear Stabilizers (not shown). **Note: The Front Stabilizers are shorter than the Rear Stabilizers.**



   Attach a Front Stabilizer (9) to the Ab Leg (12) with two M8 x 63mm Carriage Bolts (31) and two M8 Nylon Locknuts (34). Attach a Rear Stabilizer (not shown) to the other end of the Ab Leg in the same manner.

2. Insert an M8 x 77mm Carriage Bolt (41) into the center hole in the Large Support Plate (14). Attach the Large Support Plate to the Large Seat (13) with two M6 x 16mm Button Screws (40).



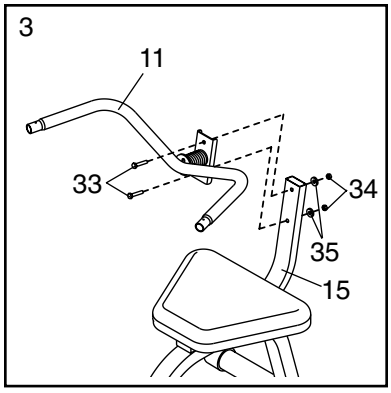
   Press a 1" x 2" Inner Cap (30) into each end of the Seat Frame (15).

   Insert an M8 x 77mm Carriage Bolt (41) into the indicated hole in the Seat Frame (15). Insert the M8 x 77mm Carriage Bolt in the Large Support Plate (14) through the rear hole in the Seat Frame.

   Attach the Large Seat (13) to the Seat Frame (15) with the M6 x 16mm Button Screw (40).

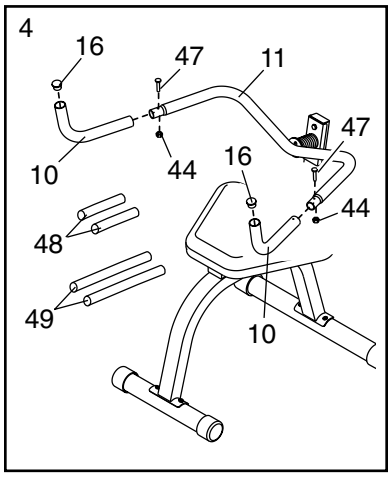
   Secure the two M8 x 77mm Carriage Bolts (41) to the Ab Leg (12) with two M8 Washers (35) and two M8 Nylon Locknuts (34).

3. Hold the Ab Frame (11) as shown. Slide two M8 x 40mm Button Bolts (33) through the Ab Frame and the Seat Frame (15). Secure the Bolts with two M8 Washers (35) and two M8 Nylon Locknuts (34).



4. If there are M6 x 34mm Button Bolts (47) in the ends of the Ab Frame (11), remove them.

   Wet the Ab Frame (11) and the inside of the Short Sleeves (48) with soapy water. Slide the two Short Sleeves onto the Ab Frame, making sure the angled ends face each other.

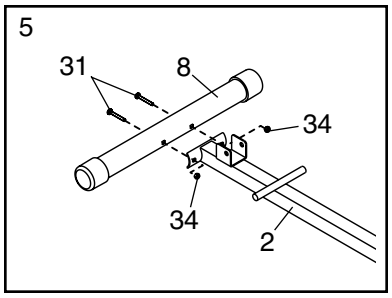


   Hold the Ab Handlebars (10) as shown, and attach them to the Ab Frame (11) with the two M6 x 34mm Button Bolts (47) and two M6 Nylon Locknuts (44). Press a 28.6mm Round Inner Cap (16) into each Ab Handlebar.

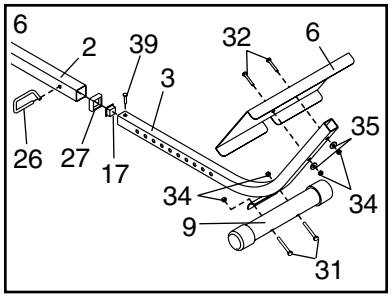
   Wet the Ab Handlebars (10) and the inside of the Long Sleeves (49) with soapy water. Slide the two Long Sleeves onto the Ab Handlebars and the Ab Frame (11), so that they cover the M6 x 34mm Button Bolts (47) and the M6 Nylon Locknuts (44). Make sure the angled ends of the Long Sleeves are by the 28.6mm Round Inner Caps (16).

Assembly—ROCK & TONE

5. Attach a Rear Stabilizer (8) to the Base (2) with two M8 x 63mm Carriage Bolts (31) and two M8 Nylon Locknuts (34).



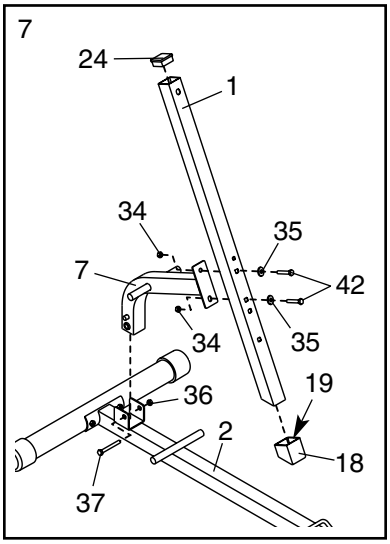
6. Attach a Front Stabilizer (9) to the Adjustment Frame (3) with two M8 x 63mm Carriage Bolts (31) and two M8 Nylon Locknuts (34).



Press the 30mm Square Inner Cap (17) into the Adjustment Frame (3) and secure it with the M4 x 12mm Screw (39). Slide the Adjustment Frame through the Slider Bushing (27) and into the Base (2). Insert the Adjustment Pin (26) into the indicated hole in the Base and a hole in the Adjustment Frame.

Attach the Press Plate (6) to the Adjustment Frame (3) with two M8 x 43mm Carriage Bolts (32), two M8 Washers (35), and two M8 Nylon Locknuts (34).

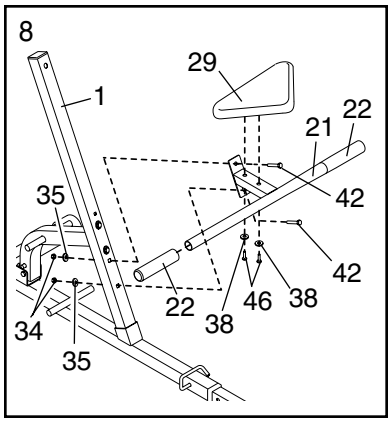
7. Make sure the End Plate (19) is inside the Angled Cap (18). Press the Angled Cap onto the bottom end of the Backrest Frame (1). Press a 38mm Square Inner Cap (24) into the top of the Backrest Frame.



Attach the Pivot Frame (7) to the Backrest Frame (1) with two M8 x 52mm Button Bolts (42), two M8 Washers (35), and two M8 Nylon Locknuts (34).

Attach the Pivot Frame (7) to the Base (2) with an M10 x 64mm Bolt (37) and an M10 Nylon Locknut (36). **Do not over tighten the Locknut; the Pivot Frame must be able to pivot easily.**

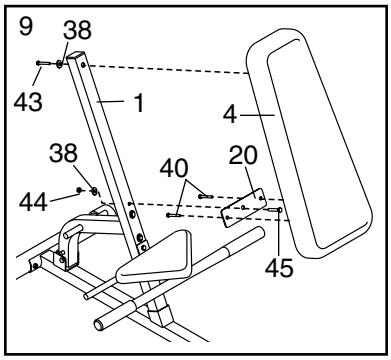
8. Slide a Grip (22) onto each end of the Handlebar (21).



Attach the Handlebar (21) to the Backrest Frame (1) with two M8 x 52mm Button Bolts (42), two M8 Washers (35), and two M8 Nylon Locknuts (34).

Attach the Small Seat (29) to the Handlebar (21) with two M6 x 42mm Button Screws (46) and two M6 Washers (38).

9. Insert an M6 x 50mm Carriage Bolt (45) into the center hole of the Support Plate (20).



Attach the Support Plate (20) to the Backrest (4) with two M6 x 16mm Button Screws (40).

Attach the Backrest (4) to the Backrest Frame (1) with the M6 x 50mm Carriage Bolt (45), an M6 Washer (38), and an M6 Nylon Locknut (44).

Secure the Backrest (4) with an M6 x 55mm Button Screw (43) and an M6 Washer (38).

The use of the remaining parts will be explained in Adjusting The Body Toning System.

Exercise Guide

Ab Crunch

Back Extension

Leg Press

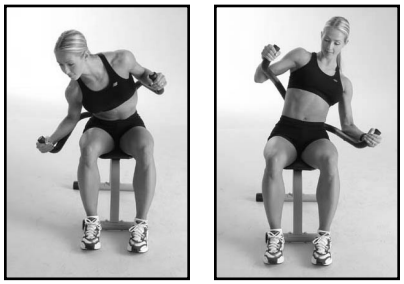
Side To Side*

Twist

Calf Raise

Cross Over**

Criss Cross



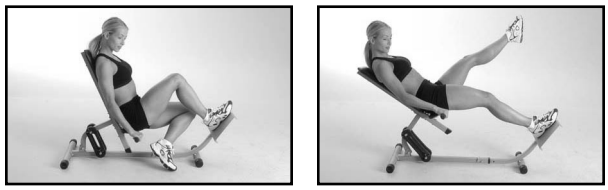
One Leg Squat

Lower Ab Crunch

Crunch With Knee Lift

One Leg Side Squat

One Leg Squat with Leg Extension



One Leg Side Squat with Leg Extension

Circulate

Included with the TWO TONE body toning system is an exercise video. This video will motivate and guide you through a 30-minute workout, helping you get the maximum benefit from the body toning system. The personal trainer will demonstrate the correct form for each of the exercises that can be performed with the AB TILT & TONE and the ROCK & TONE.

***This exercise can be performed leaning forward, upright, or leaning back.

****From the starting position, lean back (see Back Extension), and then to the finishing position.

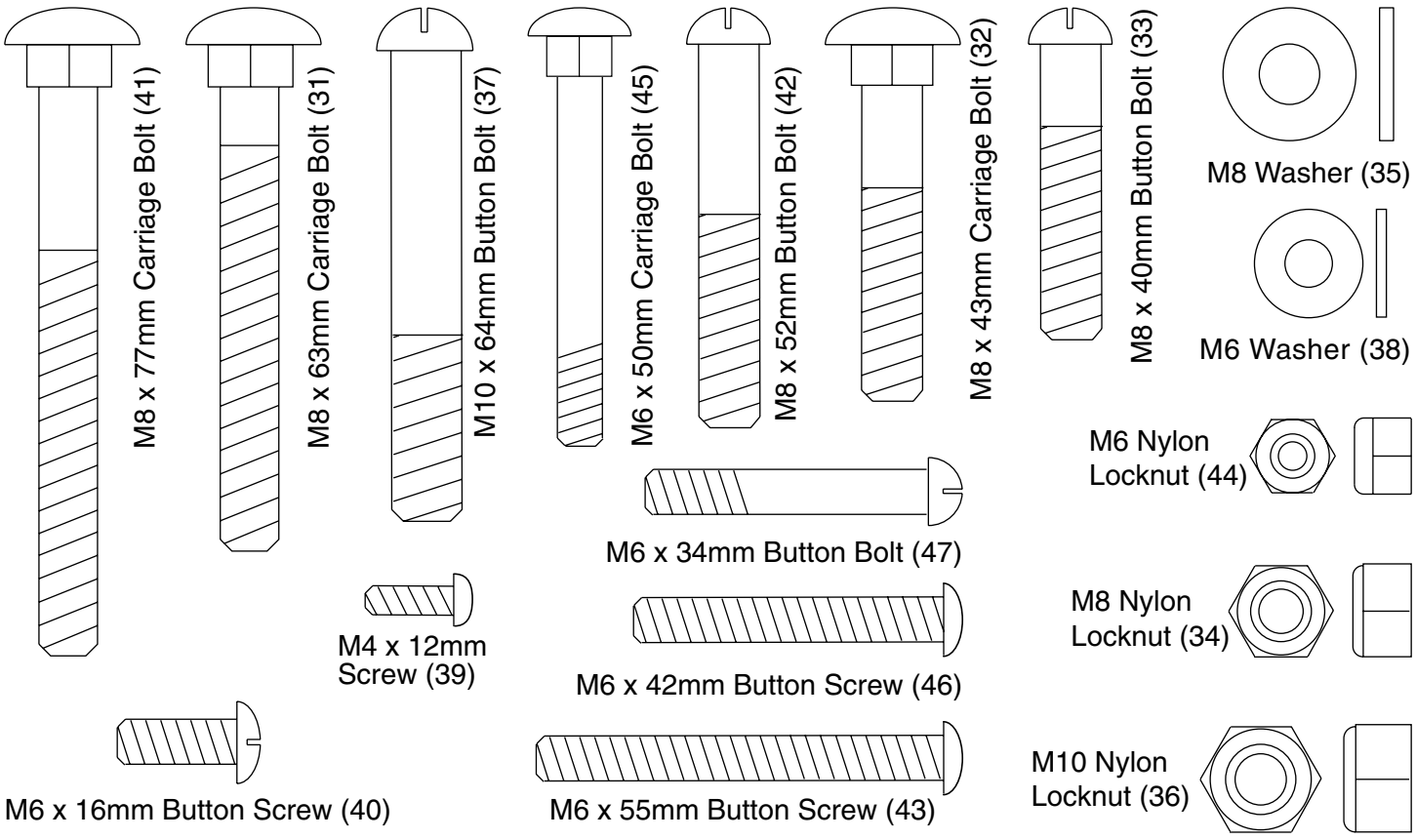
Part List—Model No. 831.290241

R0701A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest Frame	18	1	Angled Cap	36	1	M10 Nylon Locknut
2	1	Base	19	1	End Plate	37	1	M10 x 64mm Bolt
3	1	Adjustment Frame	20	1	Support Plate	38	4	M6 Washer
4	1	Backrest	21	1	Handlebar	39	1	M4 x 12mm Screw
5	4	Spring Clip	22	2	Grip	40	5	M6 x 16mm Button
6	1	Press Plate	23	8	2” Round Outer Cap	Screw		
7	1	Pivot Frame	24	1	38mm Square Inner Cap	41	2	M8 x 77mm Carriage Bolt
8	2	Rear Stabilizer	25	2	25-lb. Band	42	4	M8 x 52mm Button Bolt
9	2	Front Stabilizer	26	1	Adjustment Pin	43	1	M6 x 55mm Button
10	2	Ab Handlebar	27	1	Slider Bushing	Screw		
11	1	Ab Frame	28	2	10-lb. Band	44	3	M6 Nylon Locknut
12	1	Ab Leg	29	1	Small Seat	45	1	M6 x 50mm Carriage Bolt
13	1	Large Seat	30	2	1” x 2” Inner Cap	46	2	M6 x 42mm Button Screw
14	1	Large Support Plate	31	8	M8 x 63mm Carriage Bolt	47	2	M6 x 34mm Button Bolt
15	1	Seat Frame	32	2	M8 x 43mm Carriage Bolt	48	2	ShortSleeve
16	2	28.6mm Round Inner Cap	33	2	M8 x 40mm Button Bolt	49	2	Long Sleeve
			34	18	M8 Nylon Locknut	#	1	User’s Manual
17	1	30mm Square Inner Cap	35	10	M8 Washer	#	1	Exercise Video

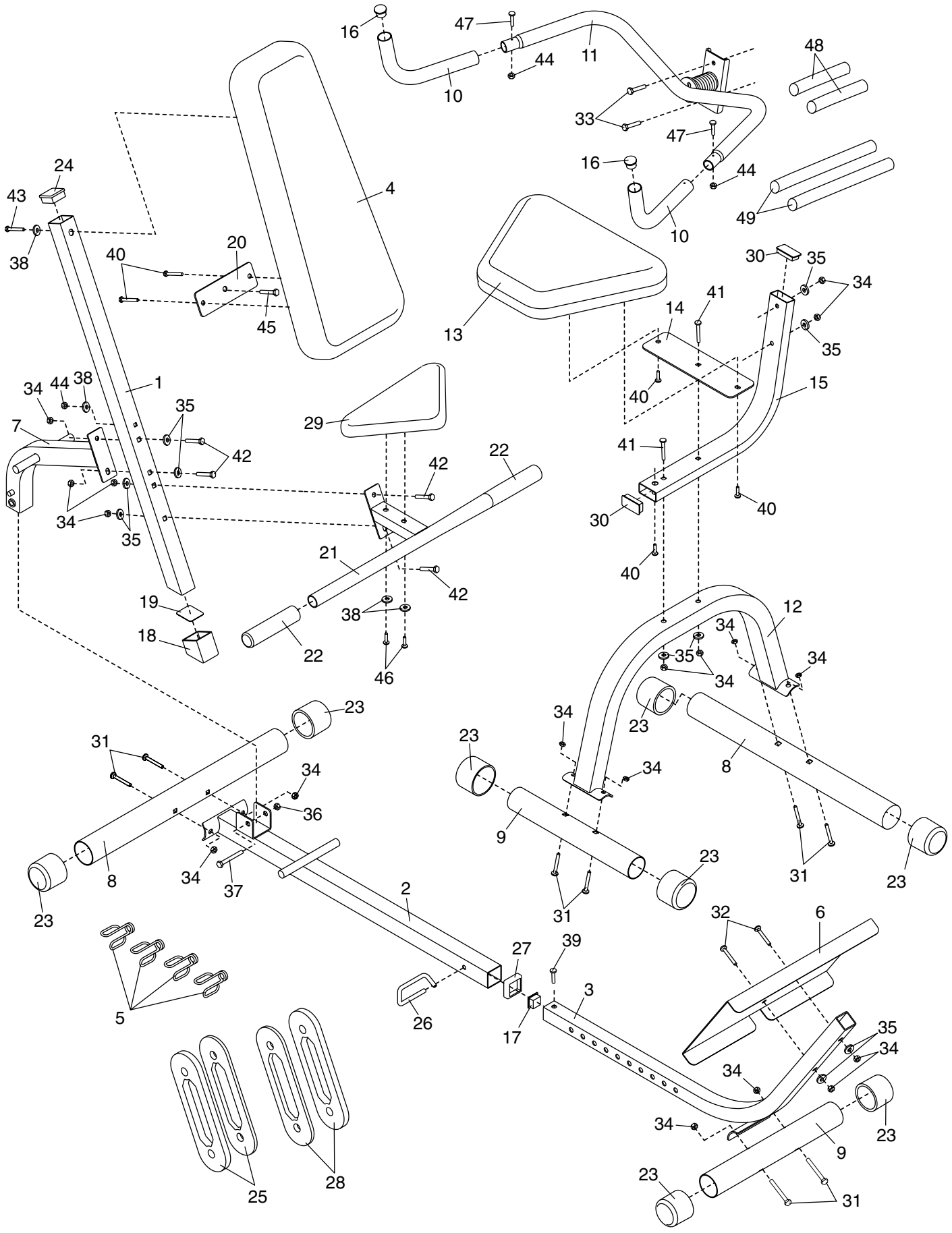
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this user’s manual for information about ordering replacement parts.

Part Identification Chart


M8 x 77mm Carriage Bolt (41)
M8 x 63mm Carriage Bolt (31)
M10 x 64mm Button Bolt (37)
M6 x 50mm Carriage Bolt (45)
M8 x 52mm Button Bolt (42)
M8 x 43mm Carriage Bolt (32)
M8 x 40mm Button Bolt (33)
M8 Washer (35)
M6 Washer (38)
M6 Nylon Locknut (44)
M6 x 34mm Button Bolt (47)
M8 Nylon Locknut (34)
M4 x 12mm Screw (39)
M6 x 42mm Button Screw (46)
M6 x 16mm Button Screw (40)
M6 x 55mm Button Screw (43)
M10 Nylon Locknut (36)

Exploded Drawing—Model No. 831.290241

R0701A



QUESTIONS?

If you find that:

- **you need help assembling or operating the WEIDER® Two Tone**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 a.m.–7 p.m. Central Time (excluding holidays)

REPLACEMENT PARTS

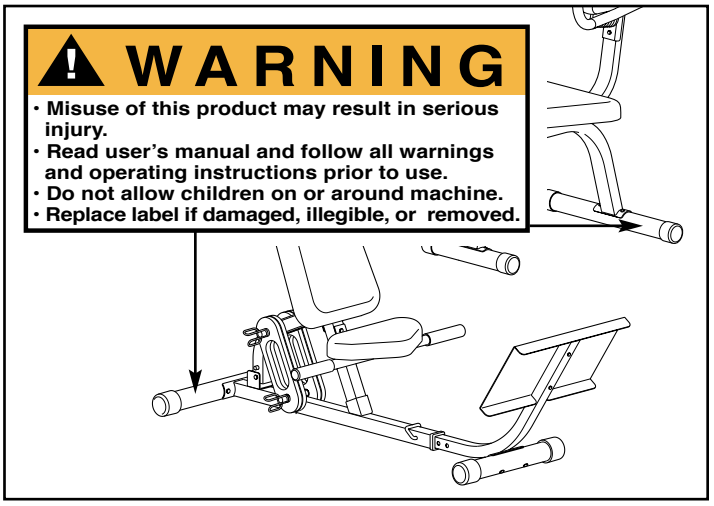
If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART

(1-800-366-7278)

Warning Decal

The decal shown below has been applied to the body toning system in the indicated locations. If the decal is missing, or if it is not legible, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays), to order a free replacement decal. Apply the replacement decal in the location shown.


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

Ordering Replacement Parts

The model number and serial number of your WEIDER® TWO TONE body toning system are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed above.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.290241)
- The NAME of the product (WEIDER® TWO TONE body toning system)
- The PART NUMBER and DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING)

Full 90-Day Warranty

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS BODY TONING SYSTEM, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the BODY TONING SYSTEM, free of charge.

This warranty does not apply when the BODY TONING SYSTEM is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Part No. 176258 R0701A

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